



Northwest (HHS Region 10)

PTTC

Prevention Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration



Great Lakes (HHS Region 5)

PTTC

Prevention Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

Prevention Works! And a Call to Action

Kevin Haggerty, MSW, PhD
March 20, 2024

Acknowledging Our Land

We acknowledge that we are all on the traditional lands of different peoples. I live and work on the ancestral lands of the Costal Salish People. We have a responsibility to acknowledge our Indigenous connections and the histories of Indigenous land dispossession.

To identify the stewards of your land, type your location into <https://native-land.ca/>





A bit about me...

Kevin Haggerty, PhD, MSW
Emeritus Professor of Prevention
University of Washington
School of Social Work

Finding Patterns



Introduction Poll

1. How familiar are you with Monitoring the Future data?
2. How familiar are you with Blueprints for Healthy Youth Development website?

Session Objectives

- Explore Monitoring the Future and some state trend data that have demonstrated decreasing overall trends in substance use among high school age youth.
- Identify three websites that provide information on the tested and effective prevention programs.
- Identify areas of focus for the prevention field that need attention based on state and national data points.

Monitoring the Future (MTF)

- MTF is a long-standing project at the Institute for Social Research, University of Michigan
- Purpose: Examine changes in beliefs, attitudes, and substance use behaviors among adolescents, young adults, and midlife adults in the US
- Nationally representative annual 8th, 10th, and 12th grade student surveys (~40,000 students in ~400 public and private secondary schools)
 - 12th graders since 1975
 - 8th and 10th graders since 1991
- Longitudinal follow-up surveys of 12th grade sub-sample (~2,400 individuals annually) through age 65

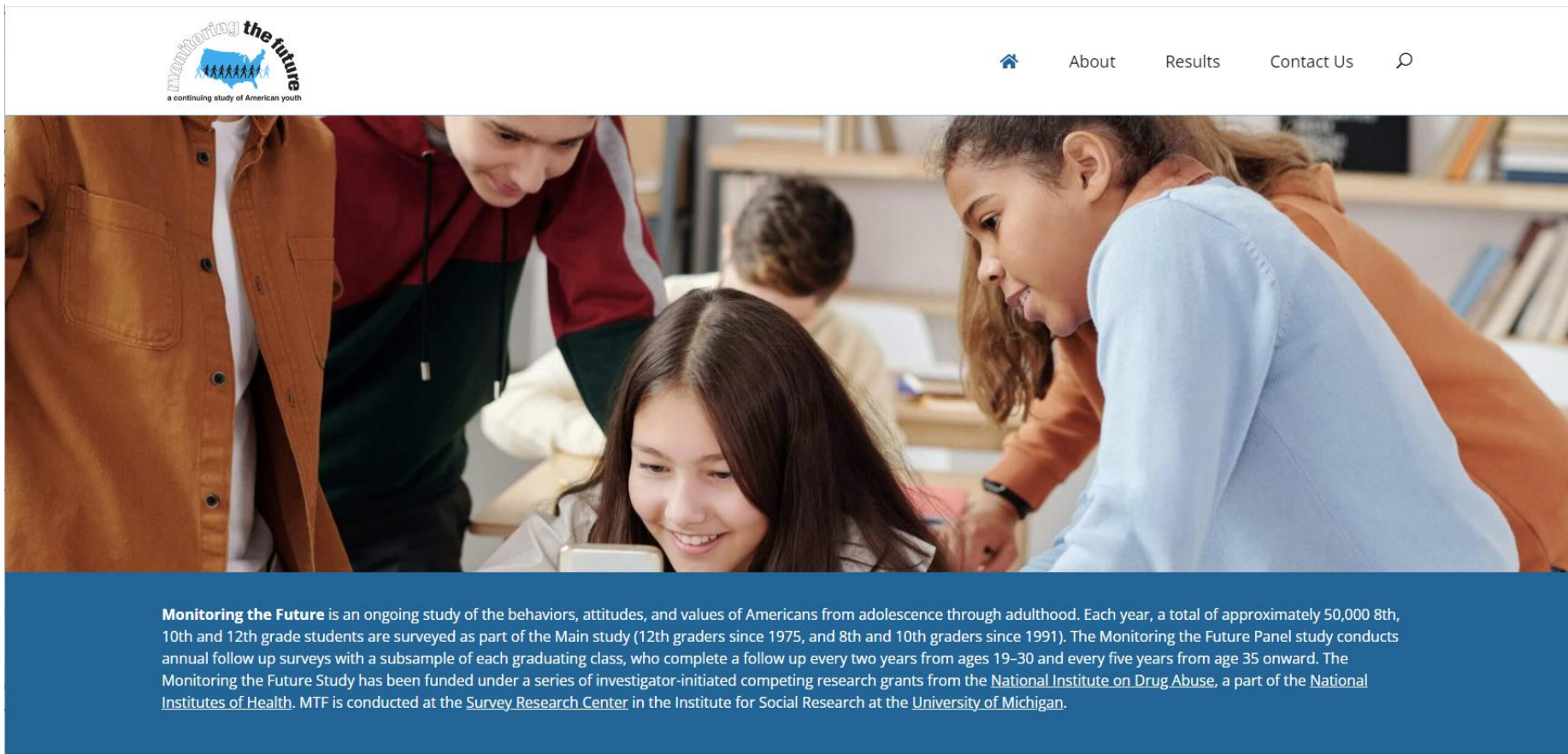


True or False? Poll 2

- Trends suggest a long term decline in tobacco use, alcohol use, and most illegal drug use among high school youth.
- Youth cannabis use has increased along with legalization (medical and retail) in 38 states.
- More young people are graduating from high school drug free than any time since 1975.
- Youth fentanyl use and overdoses are increasing.

The MTF Data Dashboard

<https://monitoringthefuture.org/data/index.html>

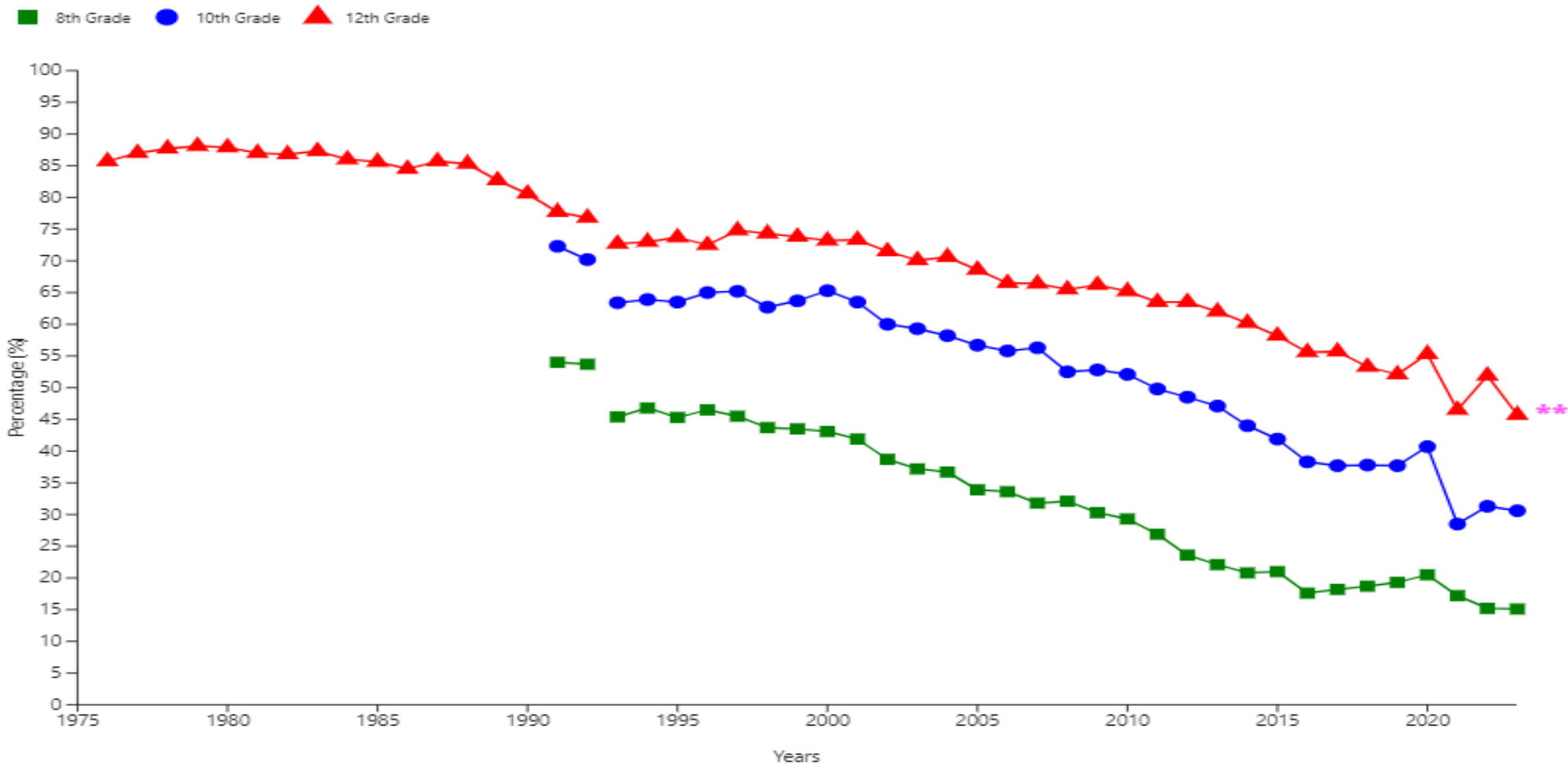


Monitoring the Future is an ongoing study of the behaviors, attitudes, and values of Americans from adolescence through adulthood. Each year, a total of approximately 50,000 8th, 10th and 12th grade students are surveyed as part of the Main study (12th graders since 1975, and 8th and 10th graders since 1991). The Monitoring the Future Panel study conducts annual follow up surveys with a subsample of each graduating class, who complete a follow up every two years from ages 19-30 and every five years from age 35 onward. The Monitoring the Future Study has been funded under a series of investigator-initiated competing research grants from the [National Institute on Drug Abuse](#), a part of the [National Institutes of Health](#). MTF is conducted at the [Survey Research Center](#) in the Institute for Social Research at the [University of Michigan](#).

Key Take-aways

- Trends suggest a long term decline in tobacco use, alcohol use and most illegal drug use among high school youth.
- Youth cannabis use has stayed relatively flat, despite legalization (medical and retail) in 38 states.
- More young people are graduating from high school drug free than any time since 1975.
- Despite the promising trend, youth fentanyl use and overdoses are increasing...
- **What do we do?**

Alcohol: Trends in Last 12 Months Prevalence of Use in 8th, 10th, and 12th Grade



Miech, R. A., Johnston, L. D., Patrick, M. E., O'Malley, P. M., & Bachman, J. G. (2024). Monitoring the Future national survey results on drug use, 1975–2023: Overview and detailed results for secondary school students. Monitoring the Future Monograph Series. Ann Arbor, MI: Institute for Social Research, University of Michigan. Available at <https://monitoringthefuture.org/results/annual-reports/>


Interesting Fact... Good News

Gen Z (13-28) are drinking alcohol 20% less than millennials at the same developmental time....and less than other generations as well. Giving rise to a very large NA industry.

Forbes


FORBES > BUSINESS > RETAIL



Why GenZ Is Drinking Less And What This Means For The Alcohol Industry

Clara Ludmir Contributor 

I write about evolving consumer behavior and its impact on retail.

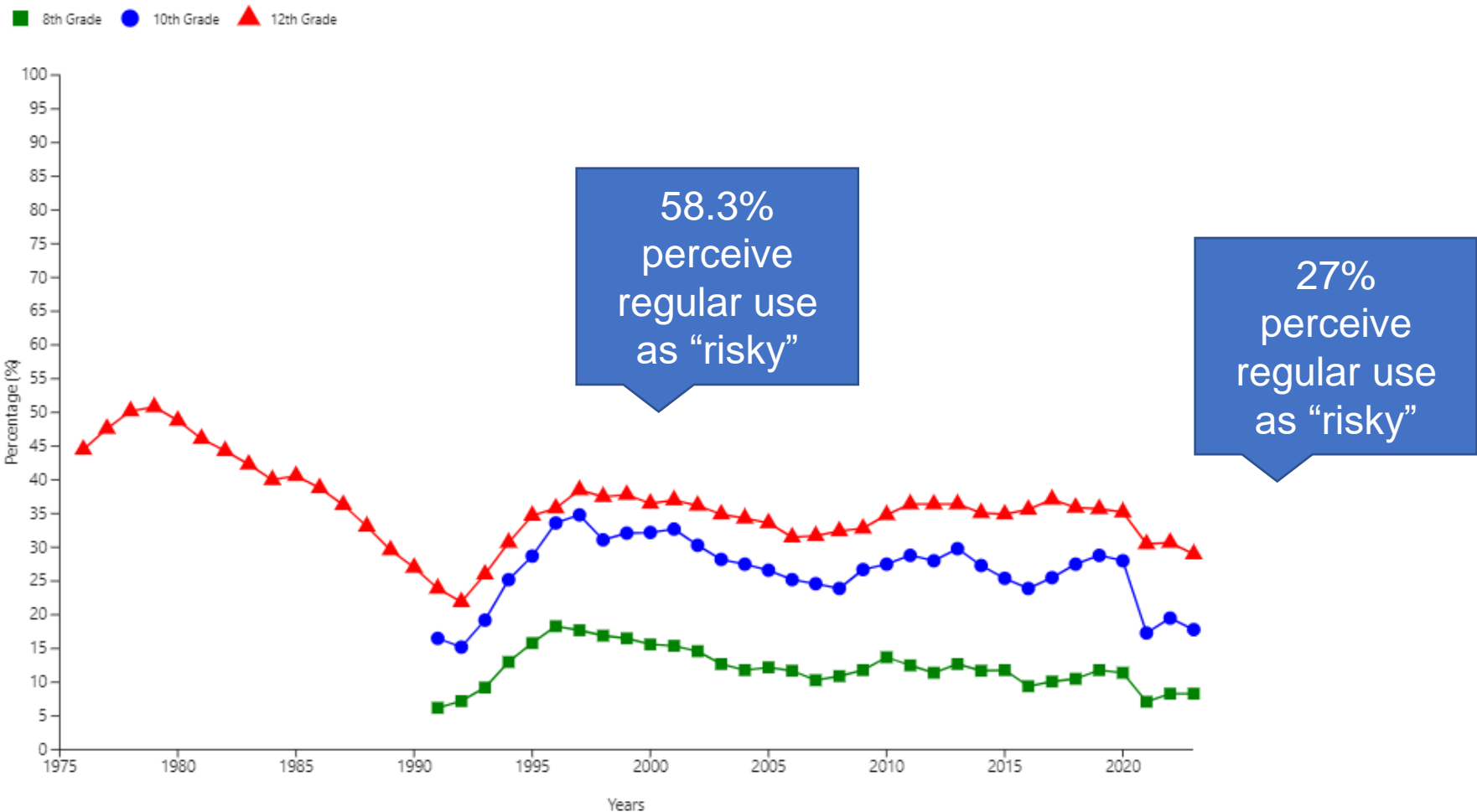
[Follow](#)

 Jun 27, 2023, 12:14pm EDT

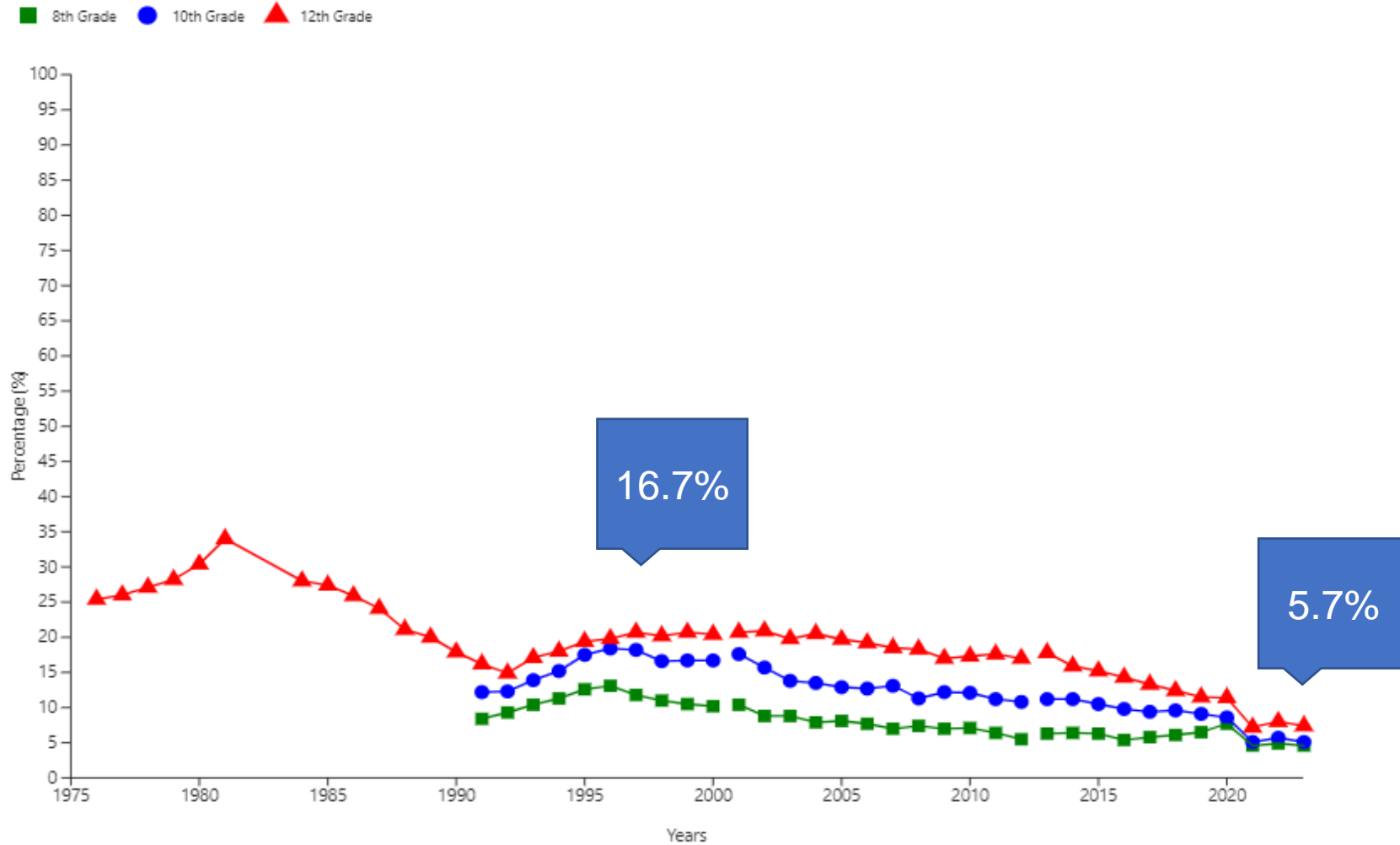


Marijuana (Cannabis): Trends in Last 12 Months Prevalence of Use in 8th, 10th, and 12th Grade

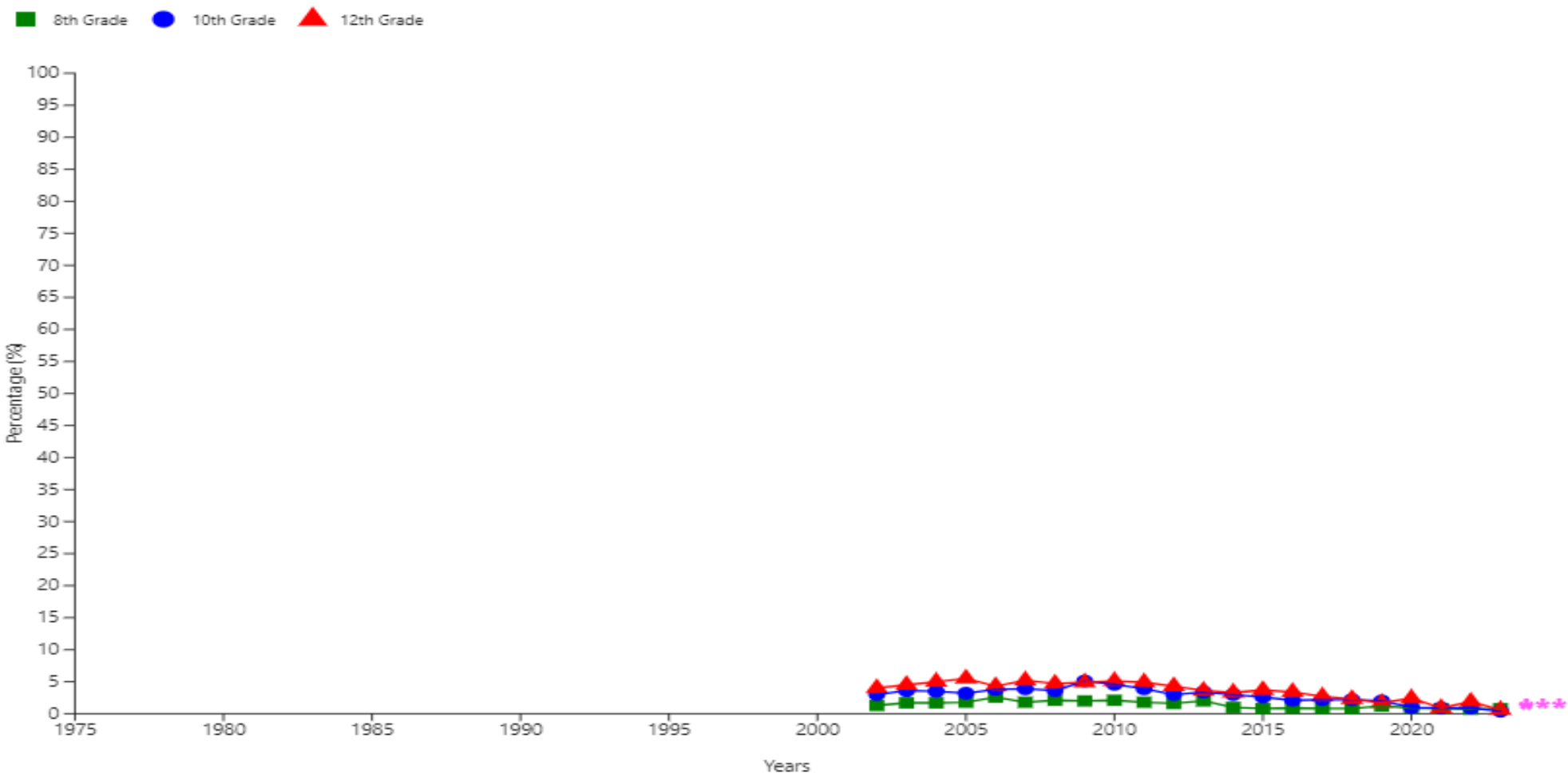


Miech, R. A., Johnston, L. D., Patrick, M. E., O'Malley, P. M., & Bachman, J. G. (2024). Monitoring the Future national survey results on drug use, 1975–2023: Overview and detailed results for secondary school students. Monitoring the Future Monograph Series. Ann Arbor, MI: Institute for Social Research, University of Michigan. Available at <https://monitoringthefuture.org/results/annual-reports/>

Any Illicit Drug other than Marijuana: Trends in Last 12 Months Prevalence of Use in 8th, 10th, and 12th Grade

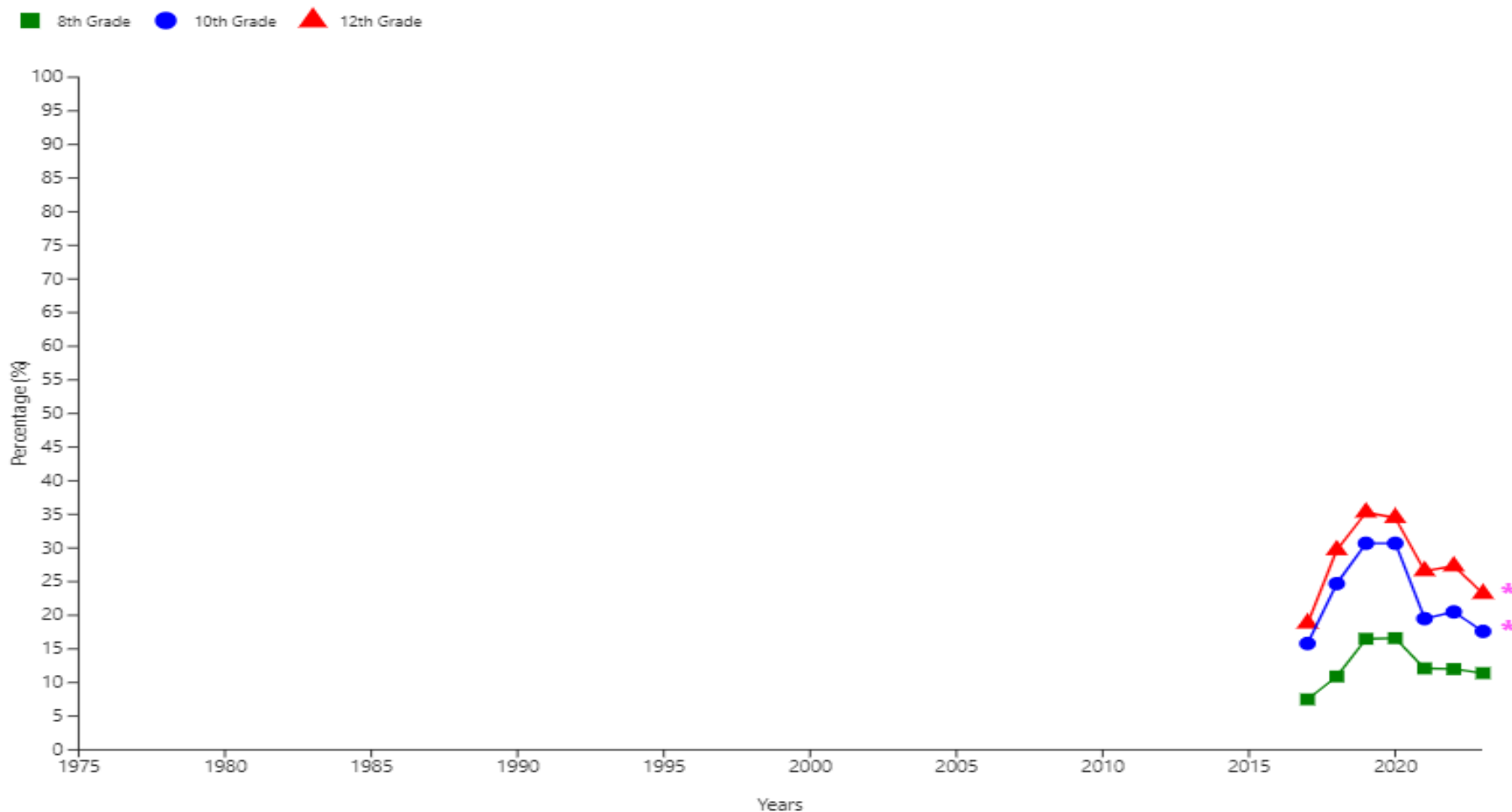


OxyContin: Trends in Last 12 Months Prevalence of Use in 8th, 10th, and 12th Grade



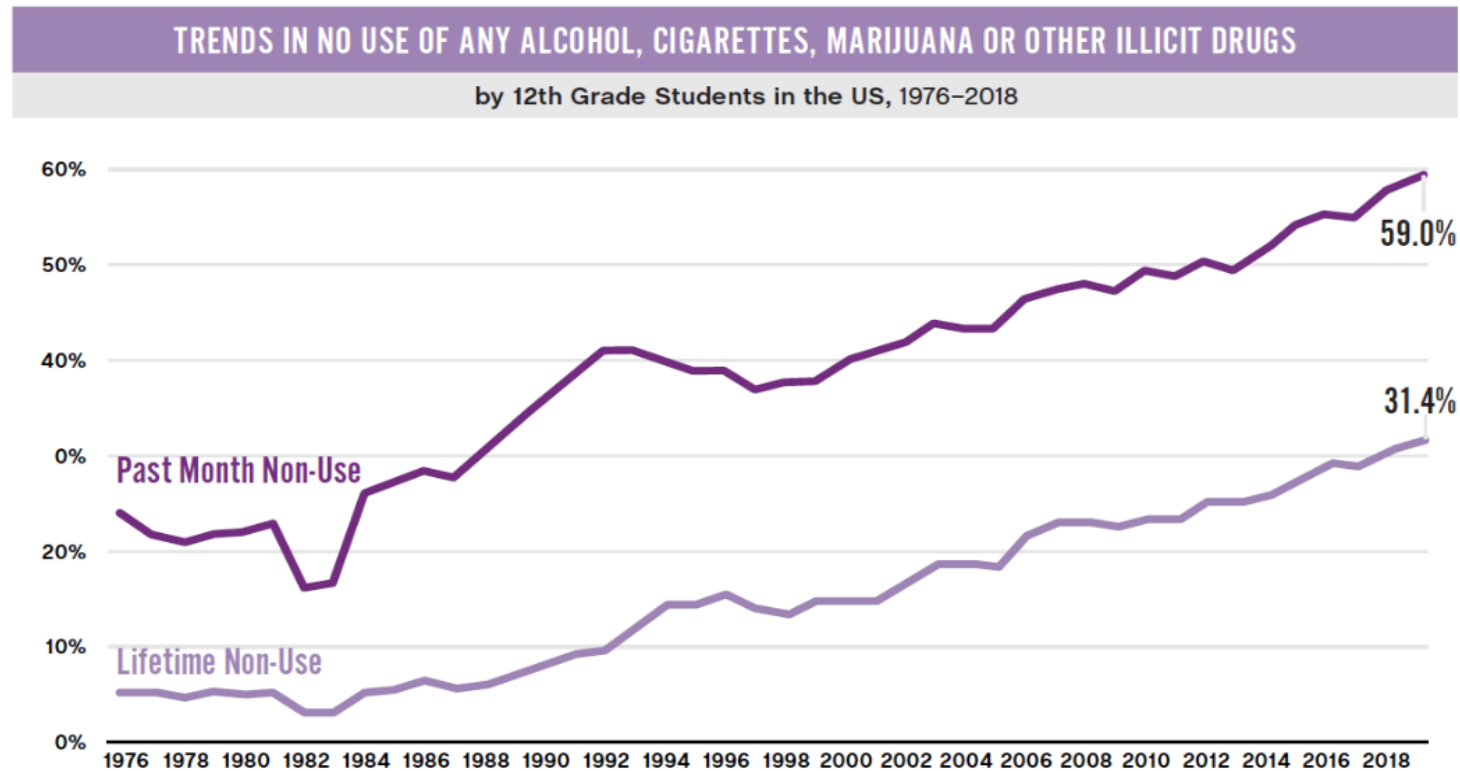
Miech, R. A., Johnston, L. D., Patrick, M. E., O'Malley, P. M., & Bachman, J. G. (2024). Monitoring the Future national survey results on drug use, 1975–2023: Overview and detailed results for secondary school students. Monitoring the Future Monograph Series. Ann Arbor, MI: Institute for Social Research, University of Michigan. Available at <https://monitoringthefuture.org/results/annual-reports/>

Vape Nicotine (E-cigarettes): Trends in Last 12 Months Prevalence of Use in 8th, 10th, and 12th Grade



Miech, R. A., Johnston, L. D., Patrick, M. E., O'Malley, P. M., & Bachman, J. G. (2024). Monitoring the Future national survey results on drug use, 1975–2023: Overview and detailed results for secondary school students. Monitoring the Future Monograph Series. Ann Arbor, MI: Institute for Social Research, University of Michigan. Available at <https://monitoringthefuture.org/results/annual-reports/>

Important Fact: More youth graduate drug free than at any time since 1975



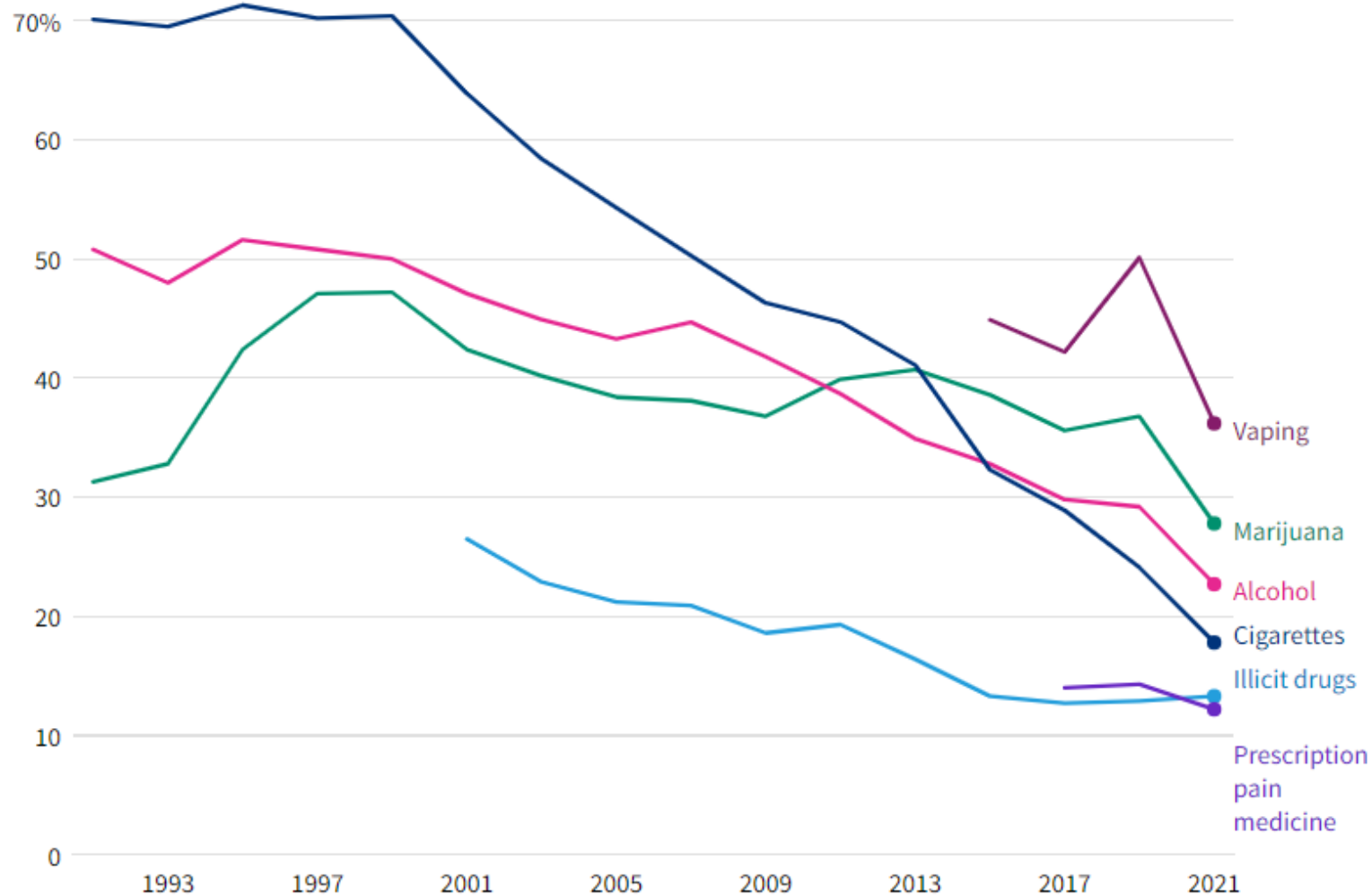
Source: *Monitoring the Future, 2019*; Levy, S., Campbell, M. C., Shea, C. L., DuPont, C. M., & DuPont, R. L. (2020). Trends in substance nonuse by high school seniors: 1975–2018. *Pediatrics, 146*(6), e2020007187.

A Consistent Pattern

National data from the CDC

Teen substance abuse has been declining for decades.

Percent of high school students who have used select drugs or alcohol



Alcohol data reflects students who currently drink (at least 1 drink in the last 30 days). All other data reflects students who have ever used the substance. Illicit drugs counted in this survey are cocaine, inhalants, heroin, methamphetamines, ecstasy, or hallucinogens.

Source: [Centers for Disease Control and Prevention](#) • [Get the data](#) • [Embed](#) • [Download image](#) • [Download SVG](#)

Illinois: CDC/YRBS High School Students

Substance	National Data 2013	Illinois 2021
Alcohol (30 day)	34.9%	22.8%
Binge (30 day)	20.8%	11.6%
Marijuana (30 day)	23.4%	15.1%
Smoke (30 day)	22.4%	2.5%
Heroin (30 day)	2.2%	1.4%

Minnesota

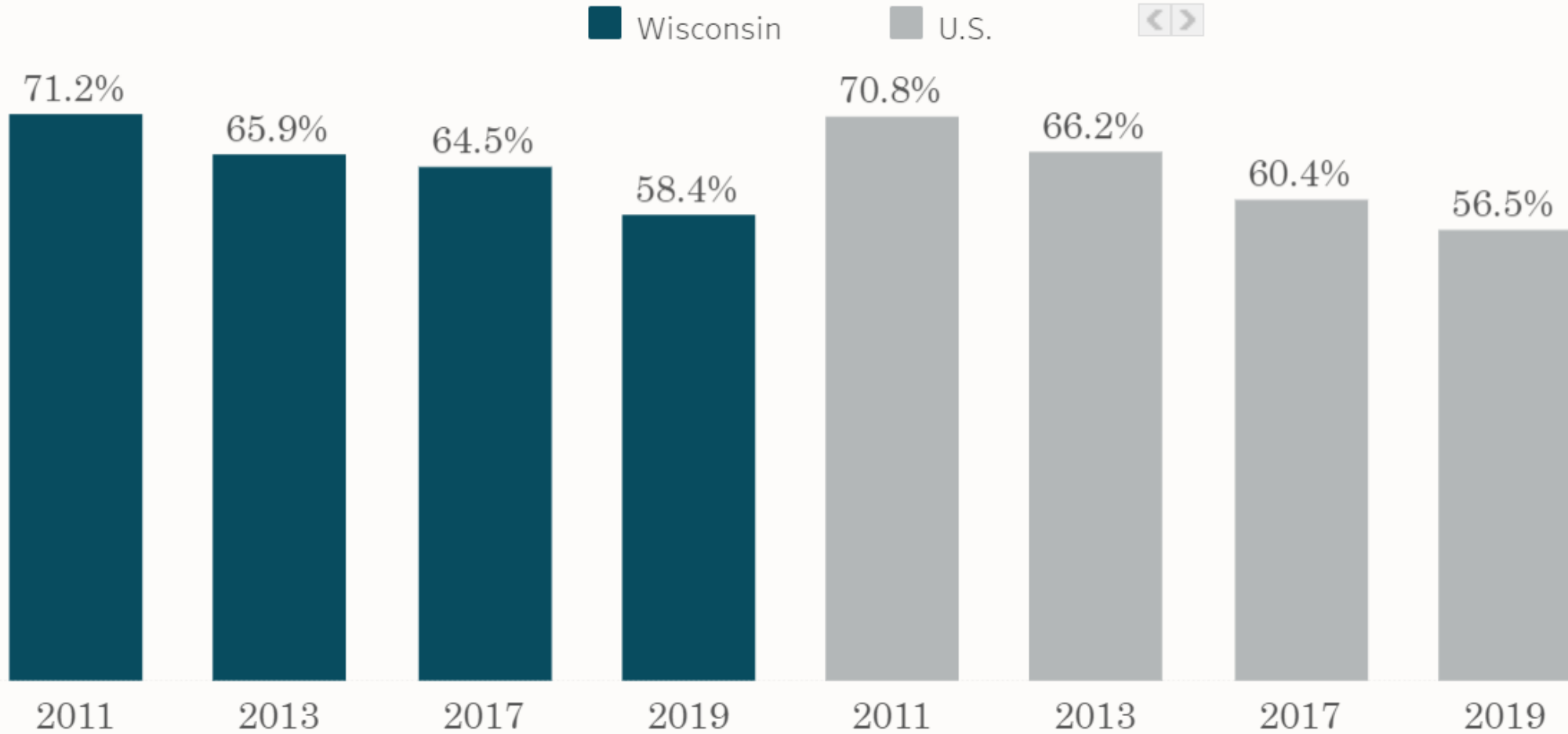
Any tobacco use

- **Current Use:** 20.5% of high school and 4.1% of middle school students reported having used a tobacco product in the past 30 days, a statistically significant decline from 26.4% (high school) and 5.2% (middle school) in 2017. An estimated **65,050** students in grades 6 through 12 used a tobacco product in the past 30 days, 12,740 fewer than in 2017.
- **Ever Use:** 37.9% of high school and 12.4% of middle school students reported having ever used a tobacco product, a statistically significant decline from 2017 (47.1% and 16.2%, respectively).

Source: Minnesota Youth Tobacco Survey, 2020

Wisconsin

Trend Over Time: Percentage who Have Ever Consumed Alcohol



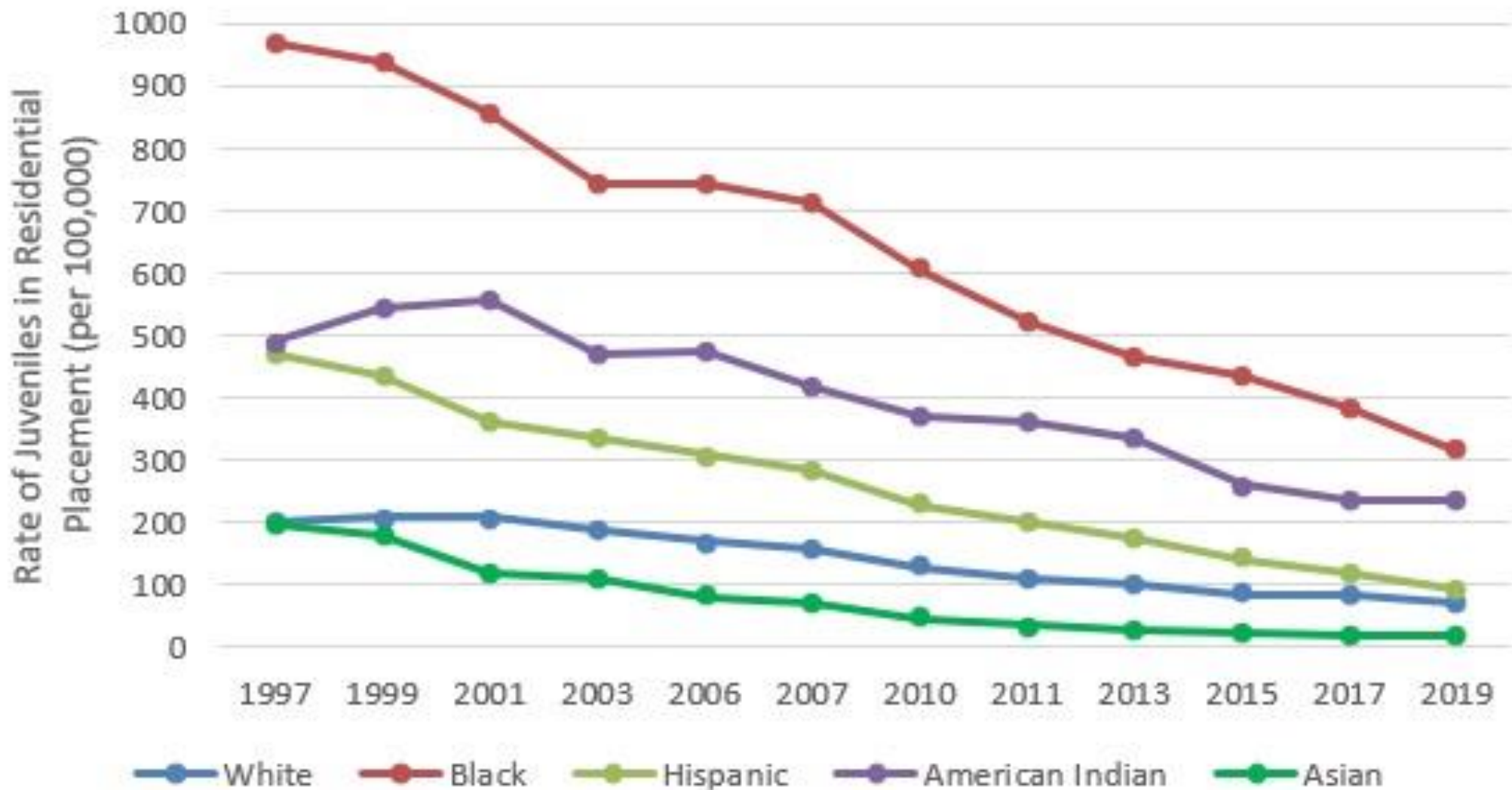
Recommended Citation: Wisconsin Department of Health Services. DHS Interactive Dashboards, Alcohol Youth Consumption Module [web query].

Disparities Persist

While we see declines overall, disparities continue to exist, particularly for LGBTQ+ communities and youth with disabilities.

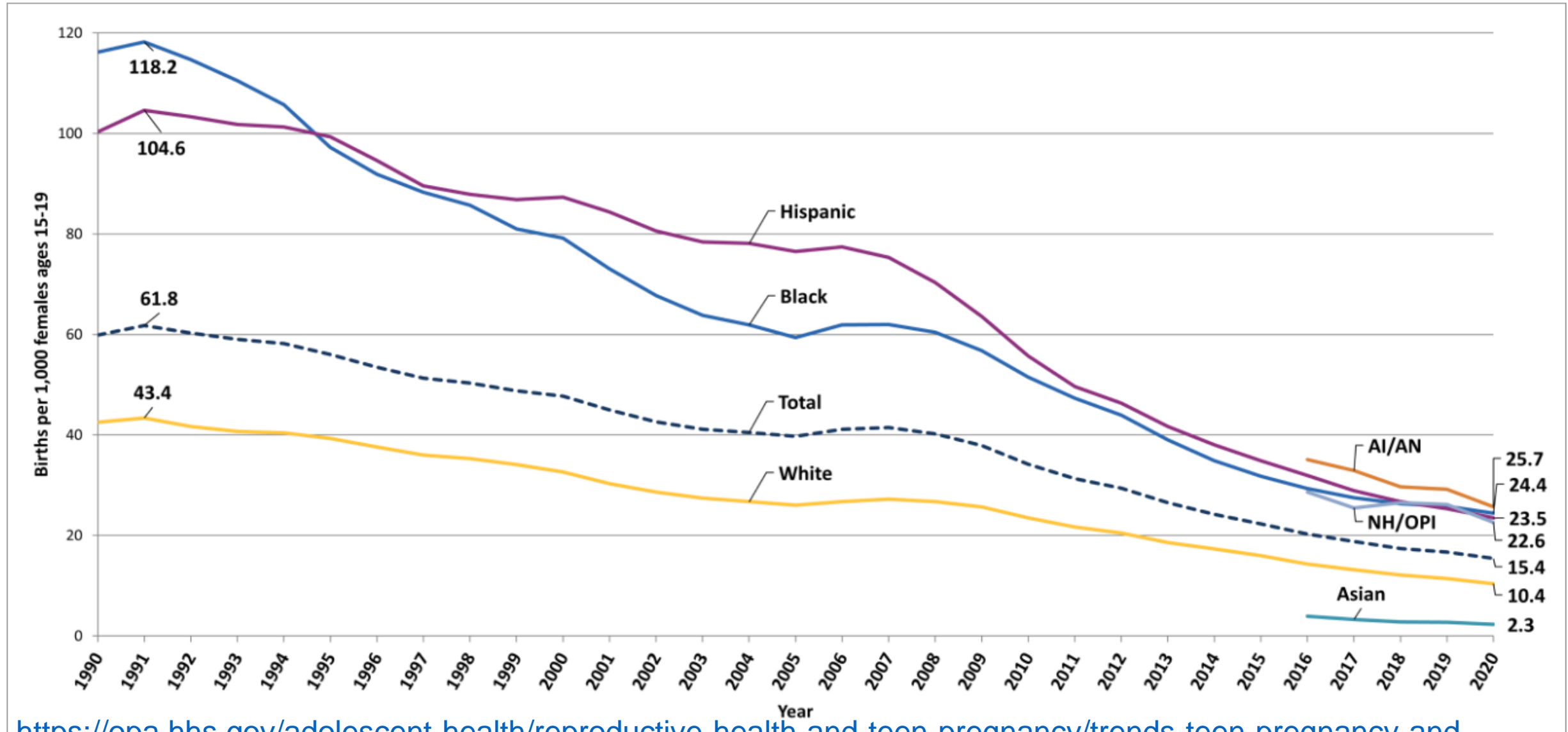


Figure 1. Rate of Juveniles in Residential Placement by Race/Ethnicity, 1997–2019



Source: Sickmund, M., Sladky, T.J., Puzzanchera, C., and Kang, W. 2021. *Easy Access to the Census of Juveniles in Residential Placement*. Online. Available: <https://www.ojjdp.gov/ojstatbb/ezacjrp/>

Figure 1: Birth rates for females ages 15-19, by race and Hispanic origin of mother, 1990-2020



<https://opa.hhs.gov/adolescent-health/reproductive-health-and-teen-pregnancy/trends-teen-pregnancy-and-childbearing>

**Why isn't this
"Front Page"
news?**





In the US, the equivalent to a high-school classroom of teens dies every week from drug overdose.

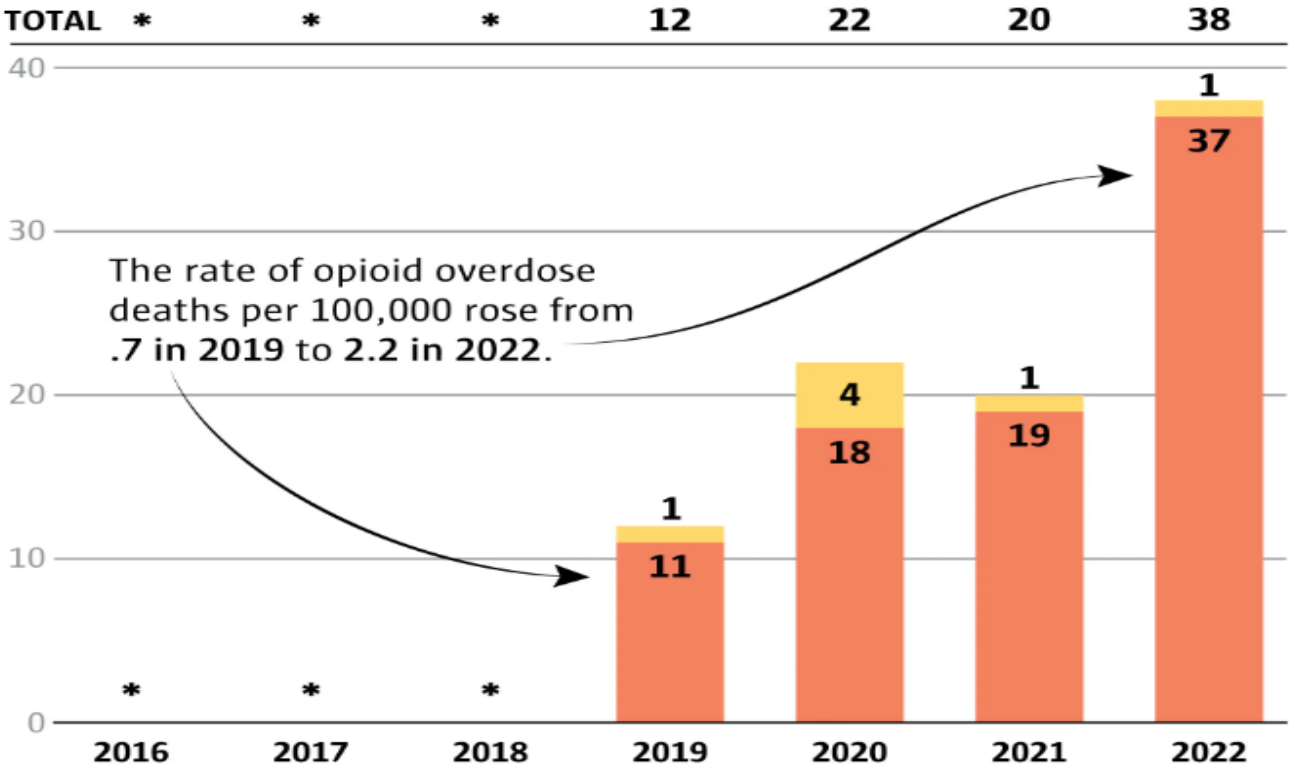
Among US teens aged 10-19 who died of an overdose in 2021:

- Most (60%) died at home
- Two-thirds (67%) of the time, someone else was also home
- Naloxone given in <1 in 3 deaths
- 1 in 3 teens had used opioids before
- 1 in 7 teens had overdosed before
- Counterfeit pills involved in 25% of deaths

Opioid overdose deaths in Washington youth triple

The number of youths 17 and younger who've died from an opioid overdose has tripled since 2019; at least 109 youth died from 2016 to 2022. A vast majority of deaths are tied to synthetic opioids, such as fentanyl.

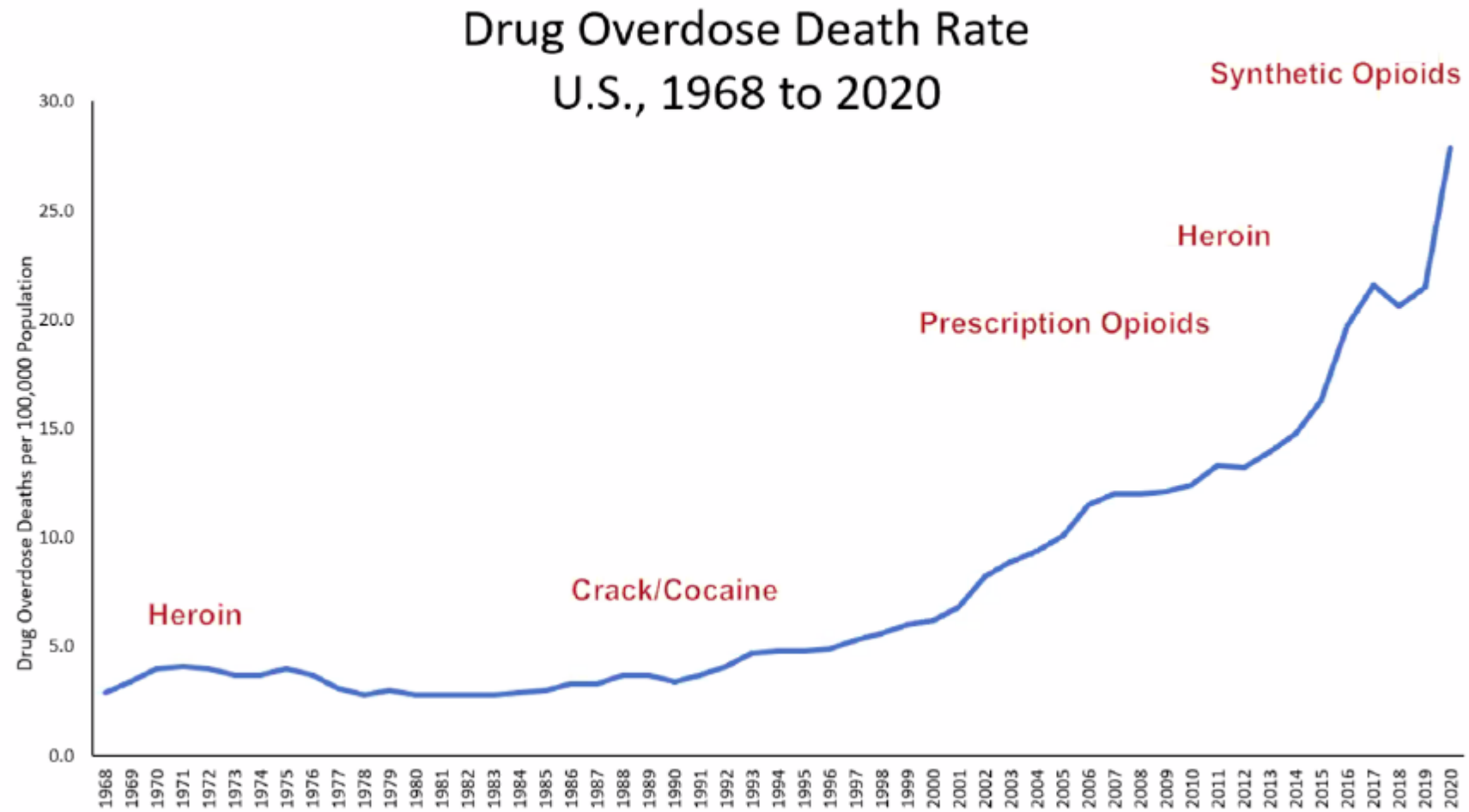
■ Synthetic opioid overdose death
 ■ Other opioid overdose death



* Fewer than 10 deaths. State guidelines require all counts between 1 and 9 be suppressed to maintain privacy.
 Source: Washington State Department of Health

AILEEN CLARKE / THE SEATTLE TIMES

Trajectory of the U.S. Overdose Crisis



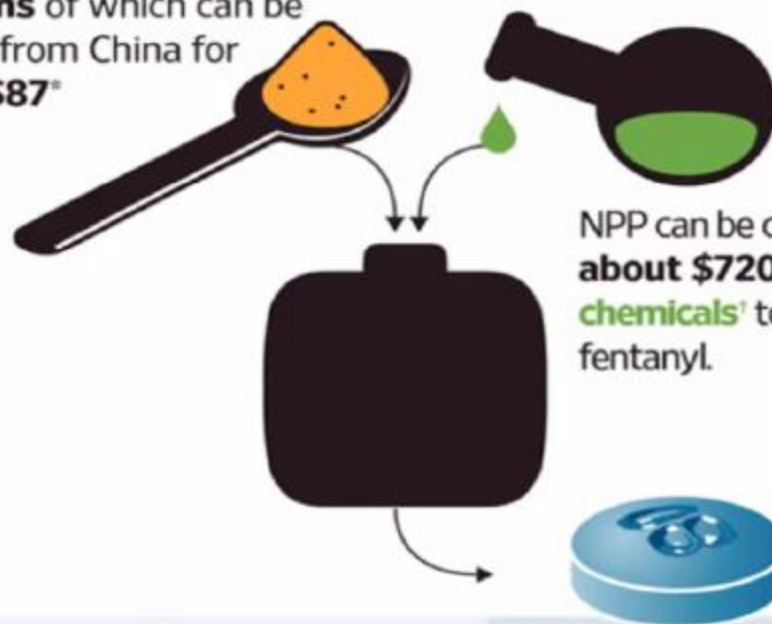
Source: CDC WONDER National Vital Statistics System, 2021.

ECONOMICS: CHEAP Fentanyl Precursor Chemicals

Criminal Chemistry

Traffickers manufacturing fentanyl often purchase the key ingredient from China, which doesn't regulate its sale. Here's how the chemical building blocks become a highly profitable street drug.

The key ingredient is **NPP**,
25 grams of which can be
bought from China for
about **\$87***



NPP can be combined with
about **\$720** of **other
chemicals†** to produce
fentanyl.

The resulting 25 grams of
fentanyl cost about **\$810** to
produce...

...and are equivalent to up to
\$800,000 of pills on the black
market.

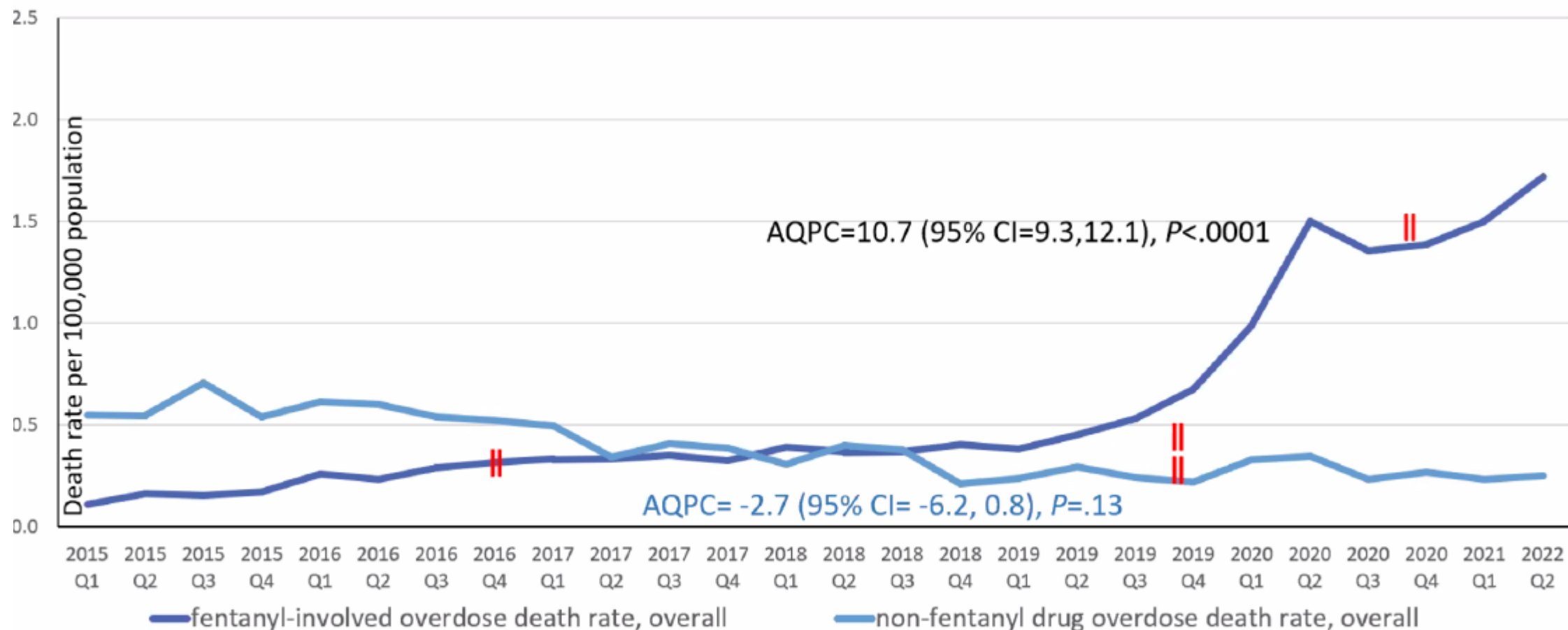
*Average current price from Chinese suppliers

†Prices from U.S. suppliers

Sources: NES Inc.; Drug Enforcement Administration;
Calgary Police

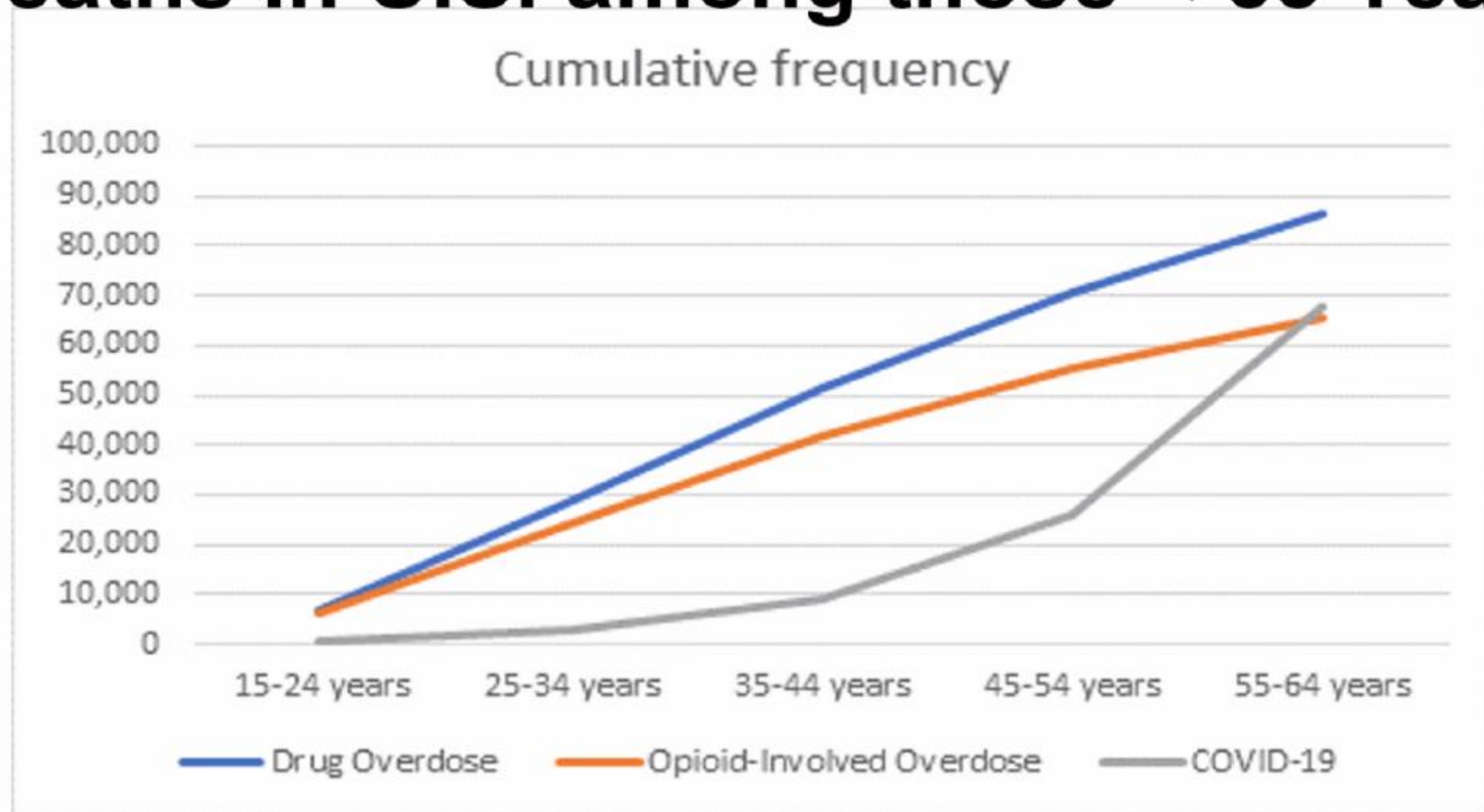
THE WALL STREET JOURNAL.

Fentanyl-involved and Non-fentanyl Overdose Death Rates In US Youth Aged 15-19 Prior To and During The COVID Pandemic



National Vital Statistics System multiple-cause-of-death 2015-2020 final and 2021 provisional data U.S. census monthly data. ||: Joinpoints indicate significant changes in nonlinear trends using Bayesian Information Criterion. AQPC=average quarter percentage change during 2015 Q1-2022 Q2. ICD-10 cause of death code: synthetic opioids other than methadone (T40.4, primarily fentanyl and analogs).

Overdose Deaths Outpace COVID-19 Deaths in U.S. among those < 65 Years



Overdose Prevention

Overdose Prevention:

- Be aware of counterfeit pills, heroin
- Don't use alone
- Start with a little to assess effect
- Avoid polysubstance use (especially with benzodiazepines)
- Call 911 in event of overdose
- **Carry naloxone!**

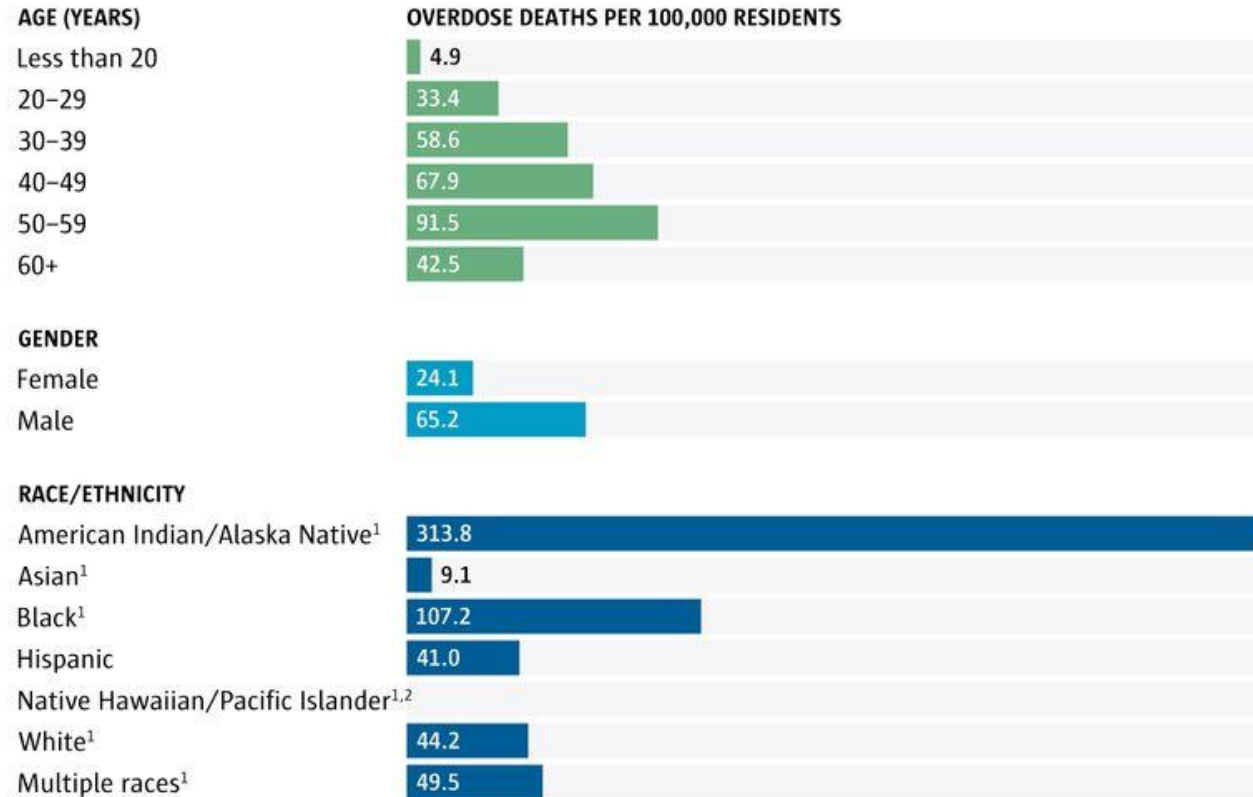


Robinson CA, Wilson JD. *Pediatrics*. 2020;145(Suppl 2):S153-S164

CAUTION!!

Distribution of overdose deaths in King County in 2022

Vulnerable populations were disproportionately affected by the drug epidemic, especially American Indian/Alaska Native and Black communities. Overdoses were also more common among males and older adults.



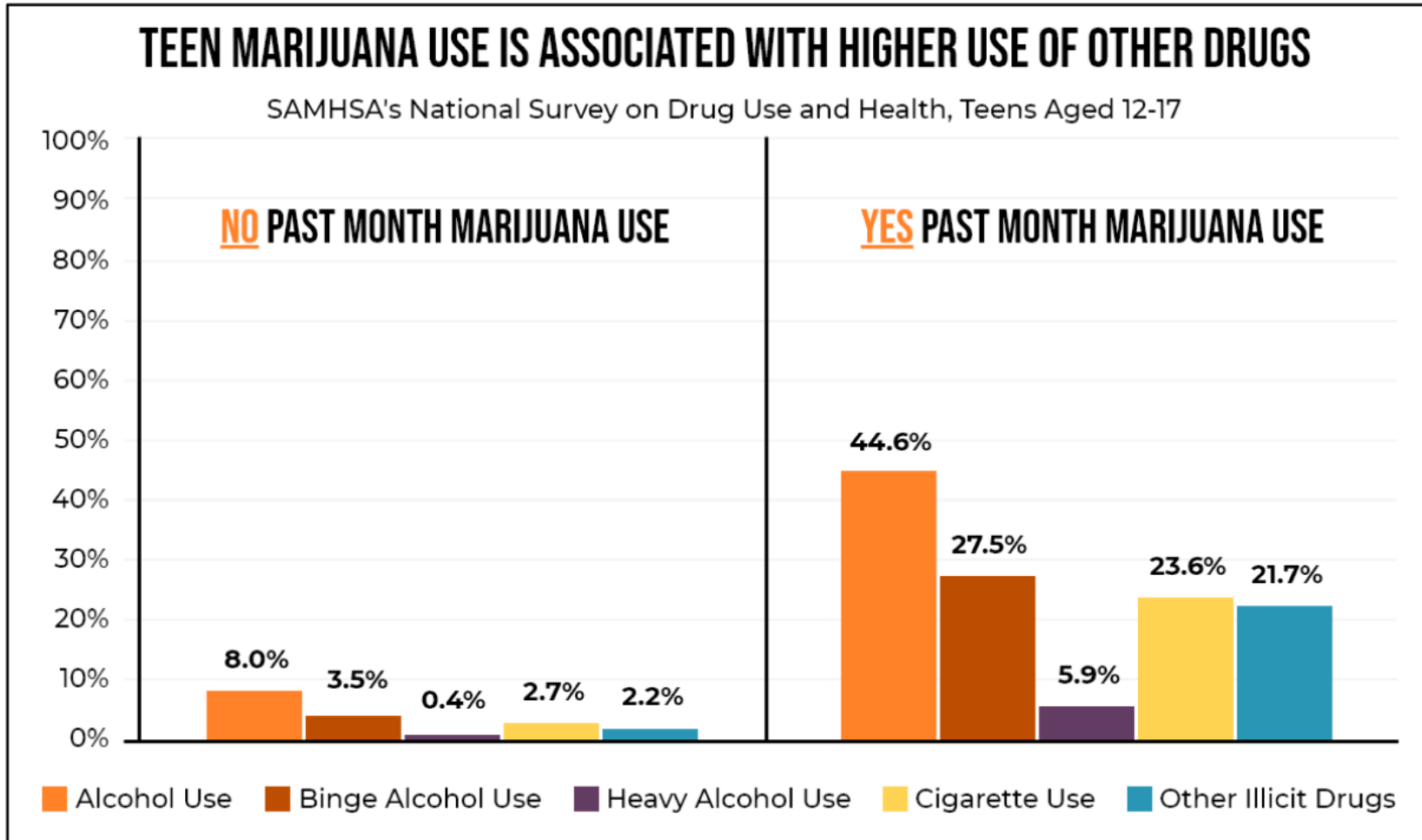
¹ Non-Hispanic

² Data for Native Hawaiian/Pacific Islander residents is suppressed by the source to protect confidentiality. On average, the rate of overdose deaths within this community was 29 per 100,000 per year from 2019-2021.

Less than 1% of 10th graders report use of Heroin, Oxy or Fentanyl.

BUT...
After high school, these rates go up!

FOR TEENS, ALL SUBSTANCE USE IS RELATED



Don't throw the baby out with the bathwater!



The urgency of this public health crisis and the escalating danger of the illicit drug supply point to a need for a greatly expanded focus on **prevention**.

Nora Volkow, Director
National Institute of Drug Abuse

OVER **90** EFFECTIVE POLICIES AND PROGRAMS PROVEN TO PREVENT BEHAVIORAL HEALTH PROBLEMS ARE NOW AVAILABLE

Effective programs: www.blueprintsprograms.com; O'Connell, Boat & Warner, 2009.

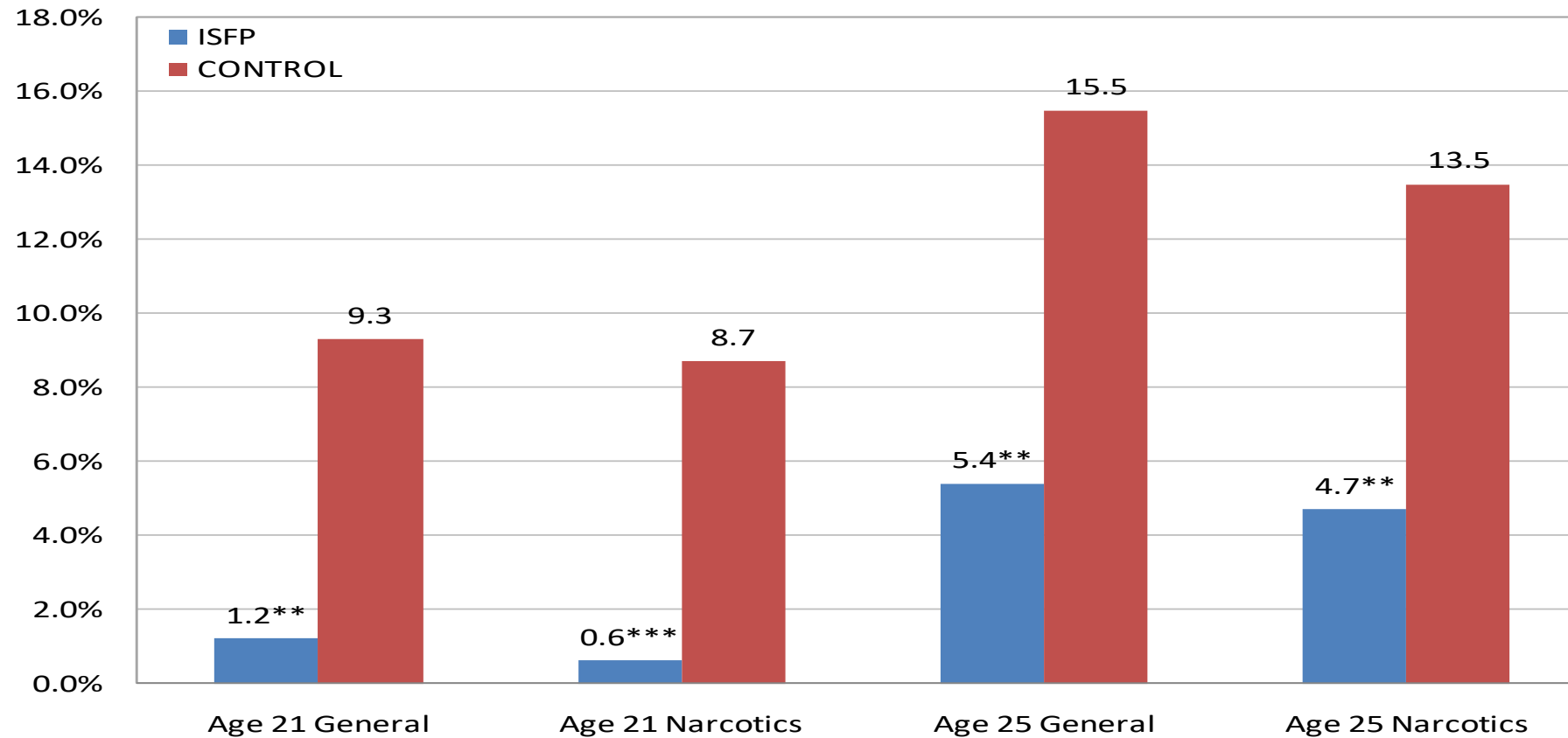
Effective policies: Anderson et al. 2009; Catalano et al. 2012; Hingson & White 2013; Vuolo et al., 2016, **Surgeon General, 2016.**

Effective prevention saves money: Washington State Institute for Public Policy Benefit-Cost Results, May 2017, www.wsipp.wa.gov

Iowa Strengthening Families 10-14

Young Adult Outcomes

Lifetime Prescription Drug Misuse (PDM)

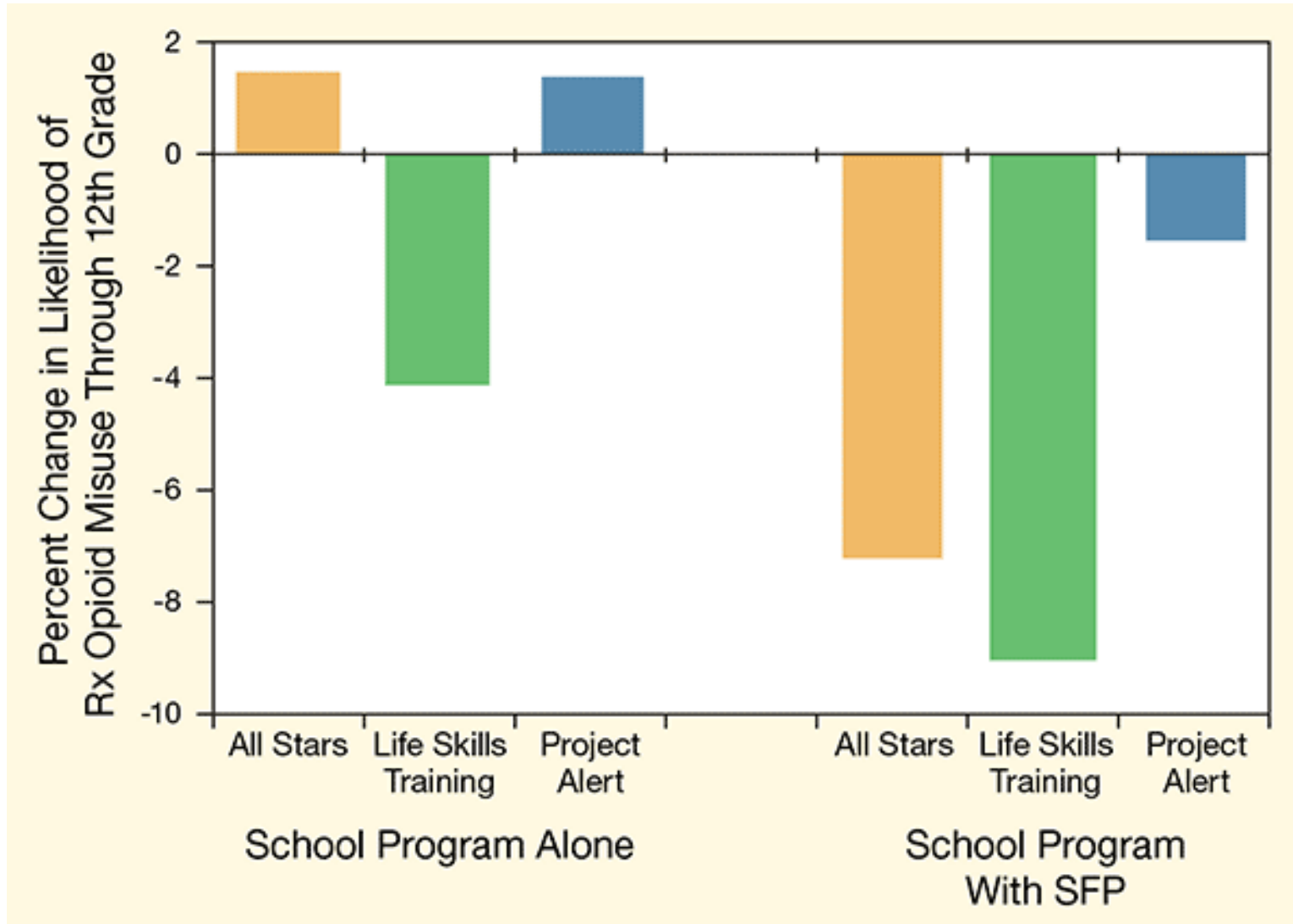


p<.01; *p<.001; RRRs = 65-93%

Sources: Spoth, Trudeau, Shin, et al. (2013). Spoth, Trudeau, Shin & Redmond (2008)

Notes: General=Misuse of narcotics or CNS depressants or stimulants.

Life Skills Training reduced the risk of Opioid Misuse by Grade 12

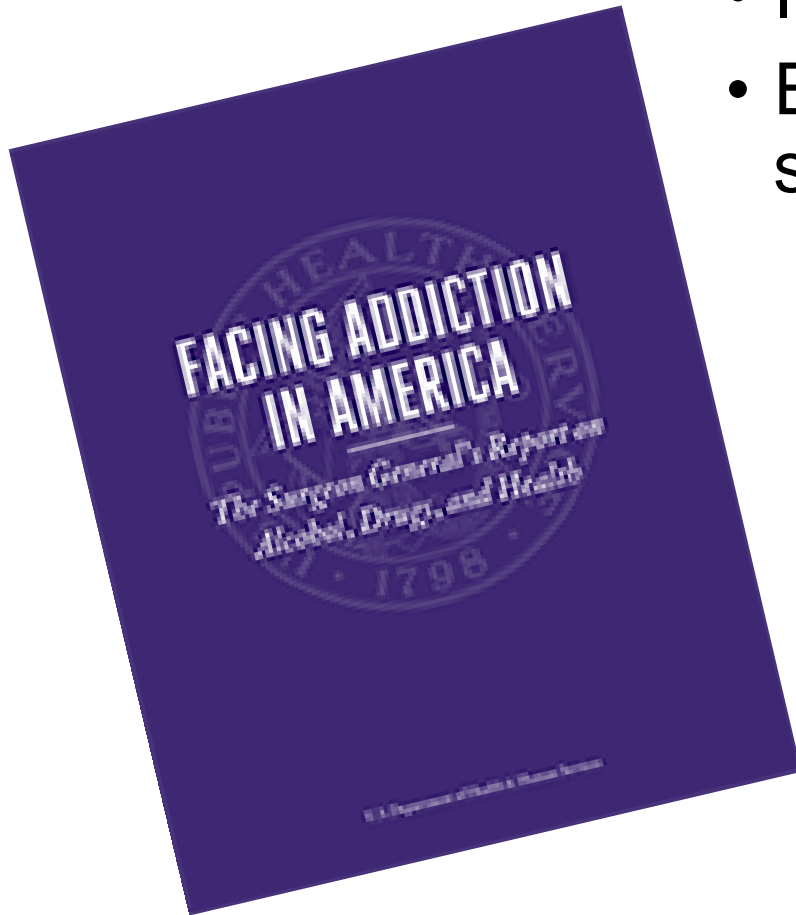


Source: NIDA Notes
(December 2015)

Effective Prevention Programs

Surgeon General's Report (SGR)

- Its never too early or too late
- Effective prevention programs have reduced substance misuse:
 - Community-based
 - Family-based
 - School-based
 - Brief motivational interventions in colleges and emergency rooms
 - Workplace
 - Primary care



U.S. Department of Health and Human Services (HHS), Office of the Surgeon General, Facing Addiction in America:

The Surgeon General's Report on Alcohol, Drugs, and Health. Washington, DC: HHS, November 2016.

Effective Prevention Programs (SGR)

Ages 0-10:

- Nurse Family Partnership
- Raising Healthy Children
- Good Behavior Game
- Classroom Centered Intervention
- Linking the Interests of Teachers and Families
- Fast Track
- Preventive Treatment Program



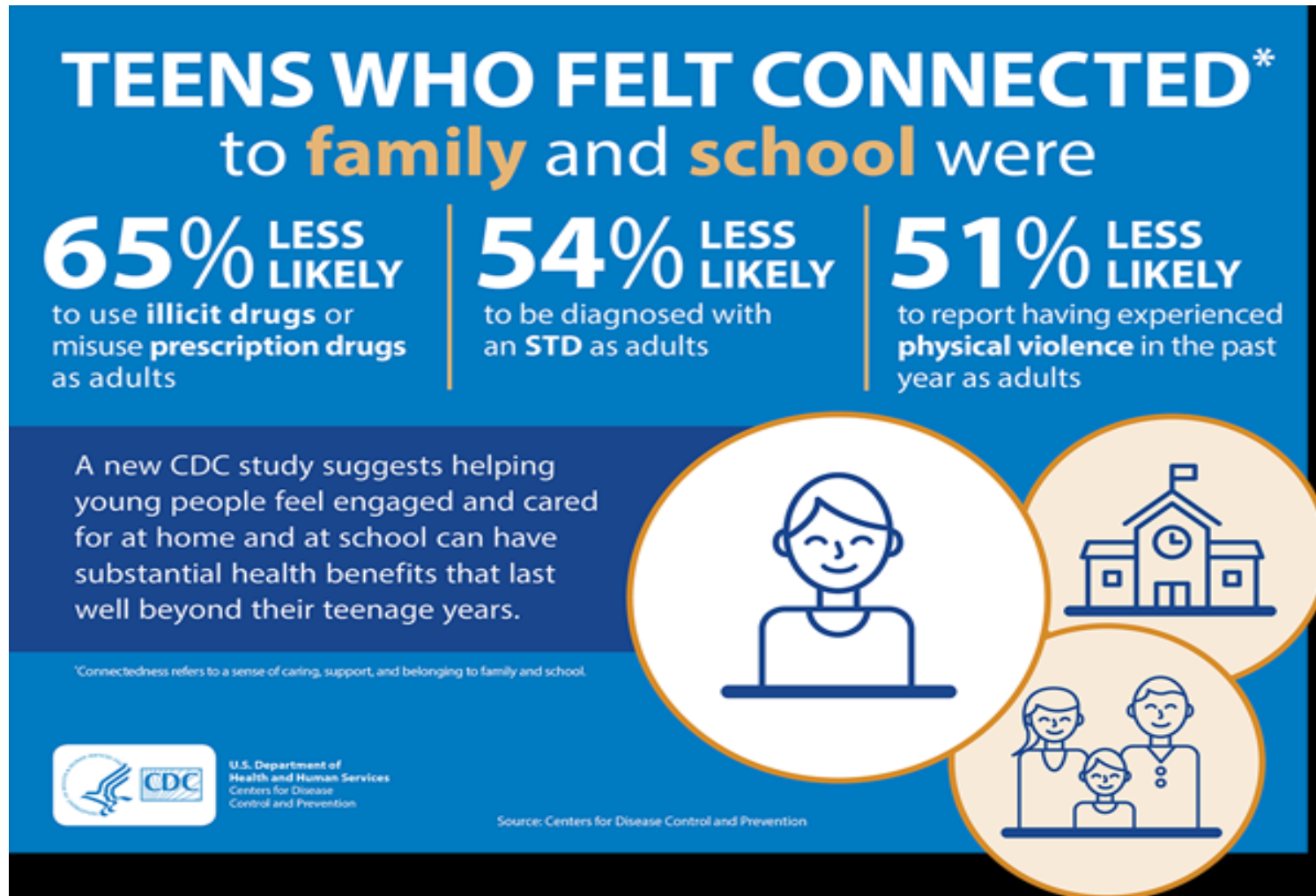
Effective Prevention Programs (SGR)

Ages 10-18:

- **Life Skills Training**
- School Health and Alcohol Harm Reduction Program
- PreVenture/Adventure
- Unplugged
- keepin' it REAL
- Atlas
- **Strengthening Families 10-14**
- Guiding Good Choices
- Strong African American Families
- SODAS City
- I Hear What You are Saying
- Familias Unidas
- Bicultural Competence Skills Training
- Project Chill
- Positive Family Support
- Keep Safe
- Coping Power
- Project Towards No Drug Use

Program name <small>(click on the program name for more detail)</small>	Date of last literature review	Total benefits	Taxpayer benefits	Non-taxpayer benefits	Costs	Benefits minus costs (net present value)	Benefit to cost ratio	Chance benefits will exceed costs
Program name <small>(click on the program name for more detail)</small>	Date of last literature review	Total benefits	Taxpayer benefits	Non-taxpayer benefits	Costs	Benefits minus costs (net present value)	Benefit to cost ratio	Chance benefits will exceed costs
Home- or Family-based								
Positive Family Support/Family Check-Up	Feb. 2019	\$11,652	\$3,632	\$8,020	(\$51)	\$11,601	\$227.16	71%
Parent Management Training - Oregon Model (Prevention population)	May. 2015	\$7,714	\$2,239	\$5,475	(\$774)	\$6,940	\$9.96	60%
Nurse Family Partnership	Mar. 2018	\$20,495	\$5,061	\$15,434	(\$13,925)	\$6,570	\$1.47	65%
Familias Unidas	Feb. 2019	\$7,317	\$2,515	\$4,802	(\$1,756)	\$5,562	\$4.17	69%
Healthy Families America	Jul. 2017	\$10,819	\$7,062	\$3,757	(\$5,982)	\$4,837	\$1.81	62%
Strengthening Families for Parents and Youth 10-14	Aug. 2018	\$3,836	\$1,181	\$2,655	(\$653)	\$3,183	\$5.87	60%
Home Instruction for Parents of Preschool Youngsters (HIPPY)	Aug. 2017	\$7,213	\$2,319	\$4,894	(\$4,755)	\$2,458	\$1.52	52%
Computer-based substance use prevention programs	Dec. 2014	\$2,411	\$737	\$1,674	(\$84)	\$2,327	\$28.83	64%
Family Matters	Jun. 2016	\$2,124	\$669	\$1,455	(\$231)	\$1,893	\$9.19	73%

Connections Matter



Steiner RJ, Sheremenko G, Lesesne C, et al. Adolescent Connectedness and Adult Health Outcomes. *Pediatrics*. 2019;144(1):e20183766

Being a “Hope Supplier”

- How can you be that “hope supplier” where you are?
- What can we do to bring prevention more upstream?



Ending Poll: True or False?

- Trends suggest a long term decline in tobacco use, alcohol use, and most illegal drug use among high school youth.
- Youth cannabis use has increased along with legalization (medical and retail) in 38 states.
- More young people are graduating from high school drug free than any time since 1975.
- Youth fentanyl use and overdoses are increasing.